

Mental Health First Aid

Mental Health First Aid is a two day training course and explores the help given to someone experiencing a mental health problem before professional help is obtained.

Aims:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state.
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

Mental Health first Aid does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

MHFA is an evidence based national training programme regulated by the National Health Development Unit

Course outline:

Session 1	<ul style="list-style-type: none"> • Why mental health first aid? • English mental health policy • Common mental health problems • The five steps of mental health first aid • What is depression • Alcohol, drugs and depression • Risk factors for depression 	Session 2	<ul style="list-style-type: none"> • Suicide in England • Crisis first aid for suicidal behaviour • Crisis first aid for overdose • First aid for depression • Treatment and resources for depression
Session 3	<ul style="list-style-type: none"> • What are anxiety disorders (PTSD, General Anxiety Disorders, social phobia, panic disorder, agoraphobia, obsessive compulsive disorder)? • Symptoms of anxiety disorders • Alcohol, drugs and anxiety disorders • Crisis first aid for panic attacks • Crisis first aid for acute stress reaction • Treatment and resources for anxiety disorders 	Session 4	<ul style="list-style-type: none"> • What are psychotic disorders (schizophrenia, bipolar disorder)? • Symptoms of psychotic disorders • Risk factors for psychosis • Treatment and resources for psychosis • Other expressions of distress, including self harm • Action planning for using MHFA

Requirements: A Mental Health First Aid course requires:

- A commitment from all participants to attend both days of the course. Certificate of attendance and course handbook are only available to participants who complete the course.
- An understanding from all participants that the topic of mental ill health is a complex area that does not come with 'quick fixes'.
- An understanding that any discussion about individuals is to be anonymous and confidential involvement in small group discussion.

Contact us:

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